



January

2020

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber.

In addition, oranges are a good source of B vitamins as well as Vitamin A.



Monday

Tuesday

Wednesday

Thursday

Friday

*Contact kitchen for details on the cookie served this day.

1
NO SCHOOL

2
NO SCHOOL

3
NO SCHOOL

6
#1 Mini Cheeseburger Sliders
#2 Whole Grain Mini Corndogs

Broccoli & Peaches

7
#1 Teriyaki Beef Dippers w/ Brown Rice
#2 Teriyaki Chicken Drum w/ Brown Rice
Baby Carrots & Apple Pumpkin C.C. Cookie

Brunch for Lunch! 8
#1 Dutch Waffle w/ Turkey Sausage Patty
#2 Pancakes w/ Turkey Sausage Patty
Celery Sticks & Strawberry Cup

9
#1 Cheese (M) or Pepperoni Pizza
#2 Turkey Deli Sandwich

Garbanzo Beans & Raisins Snickerdoodle

10
#1 Chicken Nuggets w/ Whole Grain Vanilla Crackers
#2 Veggie Burger (M)

Corn & Mandarin Oranges

13
#1 BBQ Chicken Drum w/ Whole Grain Cornbread
#2 Whole Grain Corndog

Broccoli & Craisins

14
#1 Cheesy Rippers w/ Pizza Dipping Sauce (M)
#2 Beef Soft Taco w/ Salsa

Baby Carrots & Banana Brownie

15
#1 Cheese (M) or Pepperoni Pizza
#2 Chicken Caesar Wrap

Celery Sticks & Orange

16
#1 Pasta w/ Meat Sauce
#2 Hot Dog in a Bun

Pinto Beans & Pineapple Chocolate Krinkle Cookie

17
#1 Chicken Rings w/ Whole Grain Breadstick
#2 Veggie Burger (M)

Peas & Grapes

20
NO SCHOOL

21
#1 Lasagna w/ Whole Grain Breadstick
#2 Chicken Burger

Baby Carrots & Pears Chocolate Chip Cookie

Brunch for Lunch! 22
#1 Pancakes w/ Turkey Sausage Patty
#2 French Toast Sticks w/ Turkey Sausage Patty
Celery Sticks & Peach Cup

23
#1 Cheese (M) or Pepperoni Pizza
#2 Turkey Ham Deli Sandwich

Kidney Beans & Apple Crazy Cookie Day*

24
#1 Chicken Nuggets w/ Whole Grain Vanilla Crackers
#2 Veggie Burger (M)
Corn & Applesauce Cup

27
NO SCHOOL

28
#1 Mac & Cheese (M)
#2 Cheeseburger

Baby Carrots & Fruit Cocktail Oatmeal C.C. Cookie

29
#1 Cheese (M) or Pepperoni Pizza
#2 Turkey Deli Sandwich

Celery Sticks & Orange

30
#1 Nacho Supreme
#2 Bean & Cheese Burrito w/ Salsa (M)

Black Beans & Peaches Sugar Cookie

31
#1 Chicken Rings w/ Whole Grain Breadstick
#2 Veggie Burger (M)

Peas & Apple

Announcements

(M) = Meatless Entrée

Daily Entrées Available:

- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Every complete meal comes with a choice of 1% white milk, fat free chocolate milk or 1% lactose-free white milk and a trip through the salad bar.

The Issaquah School District provides equal opportunities in its programs, activities and employment.

Meal Prices

Full Pay = \$3.75

K-3 Reduced = Free

4-5 Reduced = \$0.40

Milk = \$0.50

Adults = \$4.50